

A penny saved is a penny earned

It was on a farm in Bucksport many years ago that I first heard the phrase, “A penny saved is a penny earned.” As a youngster, I heard it so much that I thought my grandmother was the originator of that saying.

Living off the land of that 300-acre farm, my grandparents raised 10 kids and, by example, showed that thrift and conservation were part of a good plan.

With our country under the kind of serious economic stress that few of us have ever seen before, we

need to learn all we can about conserving our resources. At Pickwick Electric Cooperative, we continue to look for ways to help you save on your electric bill.

We all have a responsibility to reduce our need for more power plants by changing the way we use electricity. Like Grandma, I have to keep saying it: Please don’t use electricity if you don’t need it. The current price of electricity is about a dime for one kilowatt-hour. If you are currently using incandescent light bulbs in your house, they can cost four to five times more to operate than the new compact fluorescent lamps. Just one 100-watt bulb left on all month could add more than \$7 to your electric bill.

In the past we have said “set it and forget it” when talking about the thermostat for heating and cooling. But

that’s no longer the case. At 10 cents a kilowatt-hour, a programmable thermostat can save a lot of money by turning the unit down when you are asleep or away at work. With the older thermostats, you can adjust them yourself when leaving home for a while or before bedtime.

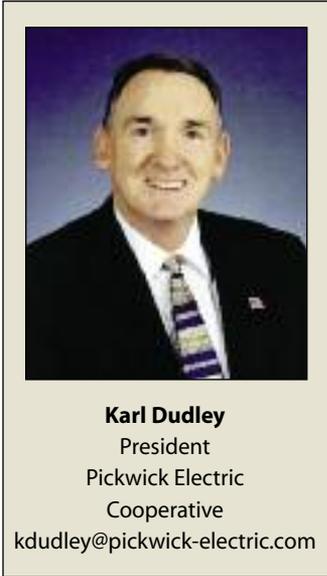
There was a time in the Tennessee Valley, when the nuclear plants were first introduced to our area, that engineers envisioned the price of electricity for homes would be so cheap it would not even be metered. Those days are gone, and in the

near future the price of electricity will be determined by the time of day we use it. We will need to shift our washing, drying and cooking to different times to save money. We will talk more about this as the change gets closer.

As for now, please look at everything in your home that uses electricity. Make it a family project to turn everything off that is not needed. Those pennies will soon add up to dollars.

From last winter to this winter, the price of power is up nearly 30 percent, and electricity is no longer “cheap.” So, as it relates to electricity, we can now say, “A dollar saved is a dollar earned.”

The economy and the rising cost of energy will make thrift and conservation more prevalent in our future, and it is a good plan.



Pickwick Electric Cooperative

**Serving members in all of
McNairy County and
portions of Chester,
Hardeman and Hardin
counties in Tennessee and
Alcorn and Tishomingo
counties in Mississippi**



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These five pages contain local

news and information

for members of Pickwick

Electric Cooperative.



Cooperative receives thank-you notes from West Hardin Elementary School

During November, Pickwick Electric Cooperative and the Tennessee Valley Authority teamed up to bring “The Energized Guyz” to the local elementary schools. The production was a 25-minute play written especially to teach young children about the importance of saving energy. Below are just a few of the thank-you notes we received from West Hardin Elementary School students and teachers.

Dear PEC,

I am a third-grader at West Hardin Elementary School. I would like to thank you for sending Nikki Neutron and company to teach us about being energy-wise. I learned that you should turn off lights when you're not in the room, and I learned that when it's hot you should close the blinds and curtains and when it's cold you open blinds and curtains.

Your friend, Samantha B.

Dear Pickwick Electric, TVA and the Energized Guys,

Thank you for coming to our school for the play. My favorite part of the play is when Nikki saves the day. And I learned a lot of stuff from the play. What I learned was to get better showerheads, to get an electric thermostat and to turn the water heater down. Thanks for showing us how to save energy.

From, Bailey W. (P.S. Thanks for showing us how to save energy.)

Dear Pickwick Electric, TVA and the Energized Guys,

I loved your program. It was so cool, especially Nikki Neutron. Steve and Lacey are great actors. They worked together well. Thank you for a great show and teaching us to save electricity.

Sincerely, Destiny B.

Dear Pickwick Electric, TVA and the Energized Guys,

We, the kids at West Hardin, would like to thank you for the play, “The Energized Guyz.” We would like you to come back sometime. My favorite part was when Nikki (Miss Lacey) kept calling the Sneaker (Mr. Steve) the “Squeaker.” I really appreciate the entire program. Thanks.

Sincerely, Craig H. (P.S. Thank you for teaching us how to use energy wisely. We truly appreciate it).

Dear PEC,

I am a third-grader at West Hardin Elementary School. I would like to thank you for sending Nikki Neutron and company to teach us about being energy-wise. I learned that I shouldn't waste energy because I'd be wasting resources, too.

Your friend, Dalynn M.

Dear Pickwick Electric, TVA, and the Energized Guyz,

Thank you very, very, very much for presenting those useful tricks to save energy. My class has been learning about the main idea, and the main idea of this presentation was to save energy. Thank you again for the funny show.

Your friend, Amiee B.

Dear Pickwick Electric and TVA,

Thank you for coming and teaching us how to save energy. I like Nikki Neutron and how she called the Sneaker the “Squeaker.” I think the compact fluorescent light bulbs are so cool. I might start using them. I loved the program. Thank you Lacey and Steve.

Sincerely, Bug J. (P.S. I will always use that motto, “Open you eyes, be energy-wise.”)

Dear PEC,

Thank you for your hard work, we really liked the show and we hope you put on another show for us. Remember to open you eyes and be energy wise. From, Taylor.

Dear PEC,

Thank you so much for that electricity program. I also liked all of the characters like Bert the Dirt Expert, the Squeaker (the Sneaker), U.R. Fired, Thunderstorm and Nikki Neutron. Just out of the ordinary, have you ever been in a thunderstorm? Well, I



Classes of Glenda Whitlow and Pam Johnson at West Hardin Elementary School sent thank-you notes to PEC in appreciation of the cooperative's sponsorship of “The Energized Guyz” program.

have; it was scary.

Sincerely, Nathan B. (electricity rules!)

We (Glenda Whitlow and all of the teachers here at West Hardin Elementary School) greatly appreciate your sponsorship of “The Energized Guyz.” I can assure you that your money was well spent. All of our students enjoyed the program, and they each gained a great understanding of the world of electricity, especially how to save electricity. Because of your funding, many students who would not normally have been able to attend this program were able to do so. I urge you to keep funding this program; you are making a great contribution to a child's education. Again, I would like to thank you for your continued support.

Glenda Whitlow, fifth-grade teacher.



Hand-weaving and Spinning

'The ancient art'

Some 20 years ago while visiting the county fair, Constance Beck came across the art of spinning. In her mind she thought this was something she would enjoy doing. Her husband laughed when she shared her interest with him, but he suggested that she pursue spinning by taking a class at the local college. Without any hesitation, she enrolled in the class and found her passion.

"Spinning is so relaxing," Beck says. "You can get away without really getting away."

In the spinning process, raw fiber is spun into yarn. Yarn can be, and is, spun from a variety of materials. Beck uses washed wool and animal hair such as alpaca, wolf, llama, goat and rabbit. She raises her own angora goats and rabbits and purchases alpaca and llama fleece from local farmers. The wolf hair comes from Hawk's Run Wolfdog Sanctuary in Saltillo.

"Yarn can be made into two, three, four or more plies or may be used as a single without plying," Beck says. "Once the yarn is spun, then I add color. I hand-paint my yarn with a natural dye or a vinegar-based dye made for textiles."

As Beck mastered the spinning wheel, her interest grew, and she was ready to tackle the weaving loom. Her goal was to make a wearable piece of art. Her mother-in-law came across a weaving loom that had been donated to a senior center and purchased it as a gift for her.

"Weaving is a mathematics game," Beck says. "In order to weave, you have to first come up with a pattern."

Weaving is the art in which two yarns or threads — called the warp — are interlaced with the filling, or weft, forming a fabric. The loom is dressed with the warp threads passing through heddles on two or more harnesses. The warp threads are moved up or down by the harnesses, creating a space called the shed. The weft thread is wound onto spools called bobbins. The bobbins are placed in a shuttle, which carries the weft thread through the shed. The raising and lowering of the harness determines the look of the pattern.

"Although it takes hours to weave the finished product, you feel a sense of accomplishment once complete," says Beck.

About 12 years ago, Beck visited West Tennessee to research her family heritage. She found that she had roots in Savannah, grew fond of this area and decided to move.

In 2003, Beck opened her own business, Appalachian Threads, in Adamsville. There, she showcases her hand-crafted creations along with those of 20 other artists from this region. You will find a variety of products that include hats, shawls, scarves and throws plus pottery, baskets, metal sculptures and paintings.

Appalachian Threads is the distributor for Ashford looms, spinning wheels, fibers, dyes, yarns and accessories. All products may be purchased in the store or online at www.appalachianthreads.com.

Beck is a member of the Tennessee Veterans Board. In 2007, she translated the Vietnam War veterans' campaign ribbon into a weaving design to make scarves, throws and shawls. She gladly donates a portion of her sales back to the veterans' fund.

She is also a member of Tennessee Association of Craft Artists (TACA) and is currently president of the West Tennessee chapter of this organization. Her goal is to get the artists' names out in the public.

Beck makes annual appearances across the state of Tennessee, demonstrating her spinning and weaving skills. She'll be at the TACA fairs in Nashville in May and September, the Broomcorn Festival in Selmer and the Delta Fair in Memphis in September and at Pigeon Forge's Dollywood in October.

Appalachian Threads is one of the featured stops on the Arts in McNairy Artisan Trail that occurs biannually in — March and September — in McNairy County.

Beck says she is happy operating her spinning and weaving studio, but her dream is to open a small manufacturing plant.

If you have an interest in spinning or weaving, classes are available, or if you are just shopping for a unique gift, visit Appalachian Threads in Adamsville.

Opposite page, Constance Beck spins yarn from washed wool. Inset, a display of hand-made hats and a shawl. Beck says, "Anyone can wear a hat, it's all about finding your style."



Cooperative appreciates cards

Pickwick Electric Cooperative would like to express sincere appreciation for the beautiful Christmas cards received from these cooperative members and friends.

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| James Edward Wright | Alcorn County Electric Power Association | Paul Fisher Oil Company |
| Mary Frances Wright | Owen and Jeanell Qualls | Southwest Human Resource Agency |
| John and Frances Wright | Paris Board of Public Utilities | Lee and Brenda Horton |
| Patricia Ann Hill | Hollingsworth Locksmith Service | Lynn Dabney |
| George K. Stricklin and family | West Tennessee Healthcare Inc. | Southern Wood Preserving |
| Utilicor | MidSouth Utility Consultants LLC | Don and Nevella Smith |
| Nashville Electric Service | Robert and Brenda Robison | Terry and Charlotte Stackens |
| Pennyrile Electric | Upper Cumberland Electric Membership Corporation | Volunteer Energy Cooperative |
| Youth Town of Tennessee | TTC-Crump | Doug Fiero and family |
| Work & Greer, PC | IBEW, Local 474 | Sandra Brush and family |
| Caney Fork Electric Cooperative Inc. | Harold and Frankie Finley | McNairy County Healthcare |
| Central Service Association | Maudine Dancer | American Cancer Society, Mid-South Division |
| Tenn. Valley Electric Cooperative | Tennessee Valley Public Power Association | Allen & Hoshall |
| City of Michie officials and employees | National Rural Electric Cooperative Association staff | David Hatch |
| Bobby and Teresa Stanford | Glenn and Jan English | Appalachian Electric Cooperative |
| Alvine Boyd | Inman Bros. Wrecker Service | Frankie Henry |
| Pat and Helen Montgomery | McNairy County Adult Education Center Staff | Regions Bank, Selmer office |
| Middle Tennessee Electric Membership Corporation | Cooperative Response Center Inc. | Jimmie Sue Lambert |
| Tri-County Electric | Fort Loudoun Electric Cooperative | Red River Specialties Inc. |
| Briggs Inc. | Barbara Wood | Jeannie Sloan |
| Joe Brock and family | Peggy May | Billy and Nancy Newcomb |
| Barbara Brock | The Williams family | Pickwick Drag Strip |
| Tony Garner and family | Powertech Engineering LLC | Paducah Power System |
| Better Source Supply Company | Plateau Electric Cooperative | Holston Electric Cooperative |
| Barry and Evalee Shelton | Powell Valley Electric Cooperative | Torco Testing Services Inc. |
| Smith Bail Bonds, Frankie Smith | David and Carlean Gray | Chattanooga Power Board |
| Younger and Associates | Smith Metals Co. Inc. | AM Conservation Group Inc. |
| McWhorter and Franklin Eng. | Jerry and Belle Jarrett | Rufus and Nancy Burcham |
| The Terrys | United Way of West Tennessee | Harold and Janice Maness |
| Duck River Electric Membership Corporation | Pinnacle Data Systems LLC | Tennessee Electric Cooperative Association |
| Service Electric Company | Caldwell's Office Outfitters | Radix |
| Carl and Virginia Crabb | Shawn and Sabrina Smith | Hopkinsville Electric System |
| Cumberland Electric Membership Corporation | Robert and Jane Taylor | Humboldt Utilities |
| Hattie Baker | United Utility Supply | PMI |
| Fisher & Arnold Inc. | Utility Equipment Service | Ruffin & Associates |
| Patterson & Dewar Engineers Inc. | Mary Finley | The Southwood Inn Motel |
| The Selcat Office | R.A. Phillips | Jerry and Margaret Rickman |
| Junell M. Moore | Betty Stanfill | Mary Plunk |
| Zona McAfee | Leon and Eyvonne Maness | Gibson Electric Membership Corporation |
| Fayetteville Public Utilities | Betty Rickman | T.C. Kennedy |
| Meriwether Lewis Electric Cooperative | | Bobby and Shirley Johnson |
| | | HVAC Design & Build Systems |